9 STRETCHES, 5 MINUTES, EVERY HOUR

- Neck Stretch
  Both sides for 10-20 seconds

- Shoulder Shrug
  10 repetitions

- Triceps Stretch
  Both sides for 10-20 seconds

- Wrist/Forearm Stretch
  Right and left for 10-20 seconds

- Triceps Stretch
  Both sides for 10-20 seconds

- Hip Flexor Stretch
  Both sides for 10-20 seconds

- Upper Back/Chest Stretch
  Hold for 10-20 seconds

- Upper Back/Chest Stretch
  Hold for 10-20 seconds

- Quadriceps Stretch
  Both sides for 10-20 seconds

- Hamstring Stretch
  Both sides for 10-20 seconds